Food Calories List

From: www.weightlossforall.com

The food calories list is a table of everyday foods listing their calorie content per average portion. The food calories list also gives the calorie content in 100 grams so it can be compared with any other products not listed here. The table can be useful if you want to exchange a food with similar calorie content when following a weight loss low calorie program.

The food calories list is broken down into sections based on the 5 basic food groups of a balanced diet.

BREADS & CEREALS	Portion size *	per 100 grams (3.5 oz)	energy content
Bagel (1 average)	140 cals (45g)	310 cals	Medium
Biscuit digestives	86 cals (per biscuit)	480 cals	High
Jaffa cake	48 cals (per biscuit)	370 cals	Med-High
Bread white (thick slice)	96 cals (1 slice 40g)	240 cals	Medium
Bread wholemeal (thick)	88 cals (1 slice 40g)	220 cals	Low-med
Chapatis	250 cals	300 cals	Medium
Cornflakes	130 cals (35g)	370 cals	Med-High
Crackerbread	17 cals per slice	325 cals	Low Calorie
Cream crackers	35 cals (per cracker)	440 cals	Low / portion
Crumpets	93 cals (per crumpet)	198 cals	Low-Med
Flapjacks basic fruit mix	320 cals	500 cals	High
Macaroni (boiled)	238 cals (250g)	95 cals	Low calorie
Muesli	195 cals (50g)	390 cals	Med-high
Naan bread (normal)	300 cals (small plate size)	320 cals	Medium
Noodles (boiled)	175 cals (250g)	70 cals	Low calorie
Pasta (normal boiled)	330 cals (300g)	110 cals	Low calorie
Pasta (wholemeal boiled)	315 cals (300g)	105 cals	Low calorie
Porridge oats (with water)	193 cals (350g)	55 cals	Low calorie
Potatoes** (boiled)	210 cals (300g)	70 cals	Low calorie
Potatoes** (roast)	420 cals (300g)	140 cals	Medium

Rice (white boiled)	420 cals (300g)	140 cals	Low calorie
Rice (egg-fried)	500 cals	200 cals	High in portion
Rice (Brown)	405 cals (300g)	135 cals	Low calorie
Rice cakes	28 Cals = 1 slice	373 Cals	Medium
Ryvita Multi grain	37 Cals per slice	331 Cals	Medium
Ryvita + seed & Oats	180 Cals 4 slices	362 Cals	Medium
Spaghetti (boiled)	303 cals (300g)	101 cals	Low calorie

* Portion sizes will vary depending on the type and make of product purchased. Portion size is very often a subjective view and may again vary according to bowl, cup or plate size used.

** Potatoes are vegetables but listed here because they form a staple part of many meals. See a balanced diet section.

NB. The food calories list shows products in alphabetical order.

Most natural foods are calculated in tests and specific product values are calculated from their ingredients list or from manufacturers information. Some values may not be accurate and should only be used for general comparison purposes.

Meats & Fish	**Portion size ***	**per 100 grams (3.5 oz)**	**energy content**
Anchovies tinned	300 cals	300 cals	Medium
Bacon average fried	250 cals (2 rashers)	500 cals	High
Bacon average grilled	150 cals	380 cals	Med-High
Beef (roast)	300 cals	280 cals	Medium
Beef burgers frozen	320 cals	280 cals	Med-High
Chicken	220 cals	200 cals	Medium
Cockles	50 cals	50 cals	Low
Cod fresh	150 cals	100 cals	Low calorie
Cod chip shop food	400 cals	200 cals	Med-High
Crab fresh	200 cals	110 cals	low calorie
Duck roast	400 cals	430 cals	High

Fish cake	90 cals per cake	200 cals	Medium
Fish fingers	50 cals per piece	220 cals	Medium
Gammon	320 cals	280 cals	Med-High
Haddock fresh	200 cals	110 cals	Low calorie
Halibut fresh	220 cals	125 cals	<u>Low calorie</u>
Ham	6 cals	240 cals	Medium
Herring fresh grilled	300 cals	200 cals	Medium
Kidney	200 cals	160 cals	Medium
Kipper	200 cals	120 cals	<u>Low calorie</u>
Liver	200 cals	150 cals	Medium
Liver pate	150 cals	300 cals	Medium
Lamb (roast)	300 cals	300 cals	Med-High
Lobster boiled	200 cals	100 cals	<u>Low calorie</u>
Luncheon meat	300 cals	400 cals	High
Mackeral	320 cals	300 cals	Medium
Mussels	90 cals	90 cals	Low-Med
Pheasant roast	200 cals	200 cals	Medium
Pilchards (tinned)	140 cals	140 cals	Medium
Prawns	180 cals	100 cals	Low- Med
Pork	320 cals	290 cals	Med-High
Pork pie	320 cals	450 cals	High
Rabbit	200 cals	180 cals	Medium
Salmon fresh	220 cals	180 cals	Medium
Sardines tinned in oil	220 cals	220 cals	Medium
Sardines in tomato sauce	180 cals	180 cals	Medium
Sausage pork fried	250 cals	320 cals	High
Sausage pork grilled	220 cals	280 cals	Med-High
Sausage roll	290 cals	480 cals	High
Scampi fried in oil	400 cals	340 cals	High
Steak & kidney pie	400 cals	350 cals	High

Taramasalata	130 cals	490 cals	High
Trout fresh	200 cals	120 cals	Low calorie
Tuna tinned water	100 cals	100 cals	Low calorie
Tuna tinned oil	180 cals	180 cals	Medium
Turkey	200 cals	160 cals	Medium
Veal	300 cals	240 cals	Medium

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Fruits & Vegetables	**Portion size ***	**per 100 grams (3.5 oz)**	**energy content**
Apple	44 calories	44 calories	Low calorie
Banana	107 cals	65 calories	Low calorie
Beans baked beans	170 cals	80 calories	Low calorie
Beans dried (boiled)	180 cals	130 calories	Low calorie
Blackberries	25 cals	25 calories	Low calorie
Blackcurrant	30 cals	30 calories	Low calorie
Broccoli	27 cals	32 cals	Very low
Cabbage (boiled)	15 calories	20 calories	Low calorie
Carrot (boiled)	16 calories	25 calories	Low calorie
Cauliflower (boiled)	20 calories	30 calories	Low calorie
Celery (boiled)	5 calories	10 calories	Low calorie
Cherry	35 calories	50 calories	Low calorie
Courgette	8 cals	20 cals	Very low cal
Cucumber	3 calories	10 calories	Low calorie
Dates	100 calories	235 calories	Med-High
Grapes	55 calories	62 calories	Low calorie
Grapefruit	32 calories	32 calories	Low calorie
Kiwi	40 calories	50 calories	Low calorie
Leek (boiled)	10 calories	20 calories	Low calorie

Lentils (boiled)	150 calories	100 calories	Medium
Lettuce	4 calories	15 calories	Very Low
Melon	14 calories	28 calories	Medium
Mushrooms raw one average	3 cals	15 cals	Very low cal
Mushrooms (boiled)	12 calories	12 calories	Low calorie
Mushrooms (fried)	100 calories	145 calories	High
Olives	50 calories	80 calories	Low calorie
Onion (boiled)	14 calories	18 calories	Low calorie
One red Onion	49 cals	33 cals	Low calorie
Onions spring	3 cals	25 cals	Very low cal
Onion (fried)	86 calories	155 calories	High
Orange	40 calories	30 calories	Low calorie
Peas	210 calories	148 calories	Medium
Peas dried & boiled	200 calories	120 calories	Low calorie
Peach	35 calories	30 calories	Low calorie
Pear	45 calories	38 calories	Low calorie
Pepper yellow	6 cals	16 cals	Very low
Pineapple	40 calories	40 calories	Low calorie
Plum	30 calories	39 calories	Low calorie
Spinach	8 calories	8 calories	Low calorie
Strawberries (1 average)	10 calories	30 calories	Low calorie
Sweetcorn	95 calories	130 calories	Medium
Sweetcorn on the cob	70 calories	70 calories	Low calorie
Tomato	30 calories	20 calories	Low calorie
Tomato cherry	6 cals (3 toms)	17 Cals	Very low cal
Tomato puree	70 calories	70 calories	Low-Medium
Watercress	5 calories	20 calories	Low calorie

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Milk & Dairy produce	Portion size *	per 100 grams (3.5 oz)	energy content
Cheese average	110 cals (25g)	440 cals	High
Cheddar types average reduced fat	130	260 calories	Medium
Cheese spreads average	90 cals	270	Medium
Cottage cheese low fat	40 calories	80 cals	low - med
Cottage cheese	49 cals	98 cals	Low calorie
Cream cheese	200 cals	428 cals	High
Cream fresh half	128 cals	160 cals	Med-High
Cream fresh single	160 cals	200 cals	Med-High
Cream fresh double	340 cals	430 cals	High
Cream fresh clotted	480 cals	600 cals	High
Custard	210 cals	100 cals	Medium
Eggs (1 average size)	90 cals	150 cals	Medium
Eggs fried	120 cals	180 cals	Med-High
Fromage frais	125 cals	125 cals	Low calorie
Ice cream	200 cals	180 cals	Medium
Milk whole	175 cals (250ml/half pint)	70 cals	Med-High
Milk semi-skimmed	125 cals (250ml/half pint)	50 cals	Medium
Milk skimmed	95 cals (250ml/half pint)	38 cals	Low calorie
Milk Soya	90 cals	36 cals	Low calorie
Mousse flavored	120 cals	140 cals	Medium
Omelette with cheese	300 cals	266 cals	Medium
Trifle with cream	290 cals	190 cals	Medium
Yogurt natural	90 cals	60 cals	Low calorie
Yogurt reduced fat	70 cals	45 cals	Low calorie

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Fats & Sugars	Portion size *	per 100 grams (3.5 oz)	energy content
PURE FAT	9 cals (1 gram)	900 cals	High
Bombay mix	250 cals	500 cals	High
Butter	112 cals	750 cals	High
Chewing gum	8 cals per piece	-	Low calorie
Chocolate	200 cals	500 cals	High
Cod liver oil	135 cals (1 tbspoon)	900 cals	High
Corn snack	125 cals	500 cals	High
Crisps (chips US) average	100 cals	500 cals	High
Honey	42 cals	280 cals	Medium
Jam	38 cals	250 cals	Medium
Lard	225 cals	890 cals	High
Low fat spread	50 cals	400 cals	High
Margarine	50 cals	750 cals	High
Mars bar	240 cals	480 cals	Med-High
Mint sweets	10 cals per piece	-	High
Oils -corn, sunflower, olive	135 cals (1 Tbspoon)	900 cals	High
Popcorn average	150 cals	460 cals	High
Sugar white table sugar	20 cals (1 tspoon)	400 cals	Medium
Sweets (boiled)	100 cals	300 cals	Med-High
Syrup	15 cals	300 cals	Medium
Toffee	100 cals	400 cals	High

* Portion sizes will vary depending on the type and make of product purchased. Portion size is very often a subjective view and may again vary according to bowl, cup or plate size used.

Fruit	Calories per piece	Carbs (grams)	Water Content
Apple (1 average)	44 calories	10.5	85 %
Apple cooking	35 calories	9	88 %
Apricot	30 calories	6.7	85 %
Avocado	150 calories	2	60 %
Banana	107 calories	26	75 %
Blackberries each	1 calorie	0.2	85 %
Blackcurrant each	1.1 calorie	0.25	77 %
Blueberries (**new**) 100g	49 Cals (100g)	15 g	81 %
Cherry each	2.4 calories	0.6	83 %
Clementine	24 cals	5	66 %
Currants	5 calories	1.4	16 %
Damson	28 calories	7.2	70 %
One average date 5g	5 cals	1.2	14 %
Dates with inverted sugar 100g	250 calories	63	12 %
Figs	10 calories	2.4	24 %
Gooseberries	2.6 calories	0.65	80 %
Grapes 100g Seedless	50 cals	15	82 %
one average Grape 6g	3 calories	0.9	82 %
Grapefruit whole	100 calories	23	65 %
Guava	24 calories	4.4	85 %
Kiwi	34 calories	8	75 %
Lemon	20 calories	3.4	85 %
Lychees	3 calories	0.7	80 %
Mango	40 calories	9.5	80 %
Melon Honeydew (130g)	36 calories	9	90 %
Melon Canteloupe (130g)	25 cals	6	93 %
Nectarines	42 calories	9	80 %
Olives	6.8 calories	trace	63 %

Orange average	35 calories	8.5	73 %
Orange large 350g	100 Cals	22g	75 %
Papaya Diced (small handful)	67 Cals (20g)	17g	-
Passion Fruit	30 calories	3	50 %
Paw Paw	28 calories	6	70 %
Peach	35 calories	7	80 %
Pear	45 calories	12	77 %
Pineapple	50 calories	12	85 %
Plum	25 calories	6	79 %
Prunes	9 calories	2.2	37 %
Raisins	5 calories	1.4	13 %
Raspberries each	1.1 calories	0.2	87 %
Rhubarb	8 calories	0.8	95 %
Satsuma one average 112g	29 cals	6.5	88 %
Satsumas 100g	35 calories	8.5	88 %
Strawberries (1 average)	2.7 calories	0.6	90 %
Sultanas	5 calories	1.4	16 %
Tangerine	26 calories	6	60 %
Tomatoes (1 average size)	9 cals	2.2	93 %
Tomatoes Cherry (1 average size)	2 calories	0.5	90 %

All values correct at time of testing, values for fruit calories may vary between different pieces!

* Fruit calories will vary depending on the size of fruit consumed. Some values for fruit calories may not be exact and should only be used for general comparison purposes.